

INTERNATIONAL SKATING UNION

**Communication No. 1604**

**ISU  
ANTI-DOPING  
PROCEDURES**

**to the**

**ISU ANTI-DOPING RULES**

**compiled in accordance with**

**The  
World Anti-Doping  
Code**

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## **INTRODUCTION**

These ISU Anti-Doping Procedures take into account the ISU Anti-Doping Rules. Both the ISU Anti-Doping Rules and ISU Anti-Doping Procedures have been compiled in accordance with the World Anti-Doping Code and are effective immediately following approval by the ISU Council and publication in this Communication.

References to the WADA Prohibited List are to the currently valid version of the List, as published by WADA ([www.wada-ama.org](http://www.wada-ama.org))(see ISU Anti-Doping Rules Articles 4.1 and 4.2).

## **A – TESTING**

- A.1 Reference is made to Article 5.1 of the ISU Anti-Doping Rules, Authority to Test, and Article 5.2, Responsibility for Testing.
- A.2 The guidelines set out in the ISU Rules and Procedures apply to both In- and Out-of-Competition Testing.
- A.3 Testing conducted on behalf of the ISU must comply with the ISU Anti-Doping Rules and Procedures and with the International Standard for Testing (available at [www.wada-ama.org](http://www.wada-ama.org)). Such Testing may be conducted by the National Anti-Doping Organization of the country where the Testing takes place or by a specialist commercial Anti-Doping Agency appointed by the ISU. The ISU remains the Testing Authority.
- A.4 The Anti-Doping Testing procedure at any In-Competition Testing or Out-of-Competition Testing may include Blood Sampling in addition to Urine Sampling. The Doping Control Notification shall state whether the Skater is required to undergo Blood Sampling in addition to Urine Sampling. Blood Sampling may be performed prior to, or after the Urine Sampling procedure.
- A.4.1 All Samples provided by Skaters (urine and/or blood) immediately become the property of the ISU.
- A.5 During Out-of-Competition Urine Testing the following classes of Substances will be tested:
- Anabolic agents
  - Hormones and Related Substances
  - Beta-2 Agonists
  - Hormone Antagonists and Modulators
  - Diuretics and other Masking Agents
  - Stimulants
  - Narcotics
  - Prohibited methods
- A.6 Additional Guidelines for Testing
- A.6.1 All tests conducted at ISU events shall use the ISU Anti-Doping Forms, which should be obtained from the ISU Secretariat. These forms must also be used by any Anti-Doping Agency carrying out ISU Out-of-Competition tests.

- A.6.2 These guidelines must be followed as closely as possible, however deviation(s) from these guidelines shall not invalidate the finding of a Prohibited Substance or Method, unless it was such as to cast substantial doubt on the reliability of the finding. (See Article 3.2.2 of the ISU Anti-Doping Rules)
- A.6.3 Skaters selected for Out-of-Competition Testing will be notified by the person(s) appointed by the Anti-Doping Agency approved by the ISU to conduct the Testing. The appointed person(s) will provide the Skater with photographic identification and a letter from the approved Anti-Doping Agency naming that person as a Doping Control Officer authorized to conduct ISU Anti-Doping Testing. The authorized person(s) will notify the Skater of the following:
- i) That the Skater is required to undergo Testing on the ISU's authority;
  - ii) The type of Testing to be done, either blood or urine or both;
  - iii) Any conditions that need to be adhered to prior to sample collection;
  - iv) Inquire if the Skater requires or requests an interpreter;
  - v) Of the requirement by the Skater to show Identification;
  - vi) Of the requirement for the Skater to sign the notification part of the Anti-Doping Form;
  - vii) Advise the Skater that they will be chaperoned until the sample is collected;
  - viii) Advise the Skater of possible consequences of failure to comply;
  - ix) Advise the Skater of location of the Anti-Doping Station where the tests will be conducted.
- A.6.4 For In-Competition Testing, the Chief Doping Control Officer (CDCO) is the person so designated by the organizing Member and approved by a Medical Advisor from the ISU Medical Commission, if present at the competition. If no Medical Advisor from the ISU Medical Commission is present, the CDCO is the person designated by the organizing Member. The CDCO may designate persons as his/her representative to carry out the functions described in these Procedures deemed suitable for performance by a representative.
- A.6.5 Skaters selected for Testing shall be notified by the person(s) appointed by the Anti-Doping Agency approved by the ISU or by a representative of the CDCO using the ISU Anti-Doping Form or, if approved by the ISU, may be notified with forms from the assigned Anti-Doping Agency conducting the tests. Skaters must acknowledge notification by signature and must appear with photographic identification immediately. They must be accompanied at all times after notification by a representative of the CDCO of the same sex. For exceptions see Articles 6.6 and 6.7 below)

- A.6.6 At Speed Skating World Cup competitions, the announcement of the Skater(s) selected for Testing is made after the completion of the second race of the selected Skater(s). However if the selected Skater is only competing in one race on that day the announcement will be made after the completion of his/her race.
- A.6.7 Any Skater achieving a world record time in a World Cup competition or ISU Championship must undergo Testing in accordance with Rule 221, 4 f) and Rule 292, d) of the ISU Special Regulations for Speed Skating and Short Track Speed Skating and Article 5.7.4 of the ISU Anti-Doping Rules. If the existing world record is broken more than once on the same day, in *Competitions* at the same venue, the top three skaters achieving a world record time must be selected for Anti-Doping *Testing*. They will be accompanied, at all times, by a representative of the CDCO of the same sex. They will report for Testing at that time according to Article A.6.5 but if the Skater has been entered for a subsequent race on the same day, he/she is not required to do so until immediately after competing in this subsequent race of the day. Should this be the case, they will be accompanied at all times during the period between their races. If the Skater setting the world record time chooses to complete their Testing after their first race they would not be observed following completion of this Testing. However they may be subject to random selection for Testing following any subsequent races that day. If this Skater sets a world record time in any subsequent race the same day, separate Testing must be done after this race. In team disciplines, if a world record is achieved then a minimum of two skaters from the team shall be tested.
- A.6.8 Should the Skater fail to report to the Anti-Doping Station within the time laid down in Article 6.5, this fact shall be recorded on the Doping Control Form, signed by the official in charge of the Station and delivered immediately through the CDCO to the ISU Representative. If and when the Skater does appear at the Station the sampling procedures shall still be carried out. The Skater is then liable for sanctions according to Article 10 of the ISU Anti-Doping Rules.
- A.6.9 Upon arrival at the Anti-Doping Station, the Skater and one person acceptable to the Skater shall be attended in the waiting room by a representative of the CDCO who shall confirm the identity of the Skater, and shall note the time of arrival. Once the Skater has reported to the Anti-Doping Station he / she must remain there unless permission to leave is granted by the CDCO, and must be continuously chaperoned by a representative of the CDCO until the sampling procedure is complete.
- A.6.10 Personal belongings of the Skater and accompanying person may be searched for evidence of manipulation any time during the Testing procedure.

- A.6.11 No photographs, video or tape recordings may be taken inside the Anti-Doping Station during Testing. All communication devices must be switched off during the sampling procedure.
- A.6.12 In addition to the Skater and the one accompanying person, only the following persons may be present in the Anti-Doping Station:
- The Chief Doping Control Officer;
  - The official in charge of the Anti-Doping Station;
  - The Doping Control Officer(s) (lady and/or man) in charge of taking and witnessing samples;
  - A medical technician, whose duties may include keeping records;
  - A member of the ISU Medical Commission;
  - A representative of the ISU;
  - A Chaperone for each Skater;
  - An interpreter;
  - Administration support personnel as necessary.
- A.6.13 The Skater shall select a sealed sterile urine collector. He / she shall then void a minimum of 90 ml of urine into the collector, witnessed by a Doping Control Officer of the same sex. Any clothing preventing the direct observation of the urination shall be removed.
- A.6.14 If the Skater refuses to comply, this shall be noted on the Doping Control Form and the CDCO and the ISU Representative shall be informed. The ISU Representative shall then decide on the further steps to be taken. The Skater is then liable for sanctions according to Article 10 of the ISU Anti-Doping Rules.
- A.6.15 If a Skater is unable to provide a sufficient volume of urine, the sample shall be sealed with a tamper-proof seal and documented. If needed, only sealed drinks should be provided for the Skater. When an adequate Sample volume is available from the Skater, the Sample container seal may be opened and the sampling procedure completed.
- A.6.16 The Skater shall then select two tamper-proof bottles in a sealed bag, transfer an appropriate amount of the urine from the collecting vessel into bottle A and bottle B and close the bottles to ensure that there is no leak. The Doping Control Officer shall measure the specific gravity (sg) of the urine left in the collecting vessel. If the Sample does not meet the criteria of the sg of 1.010 or higher (using sticks) or 1.005 (using a refractometer), then further Samples may be required. If during Testing the Sample has evidence of blood, then a second Sample may be requested. Code numbers selected by the Skater will be affixed to these bottles unless already on the bottles (Versapak or Bereg systems).
- A.6.17 The bottles shall then be sealed using a tamper-proof method, which cannot be violated without leaving obvious evidence of such

violation. All remaining urine shall be discarded immediately after Sample collection procedures are completed.

- A.6.18 The bottle code numbers shall be entered on the Doping Control Form.
- A.6.19 The Skater shall declare any medication and nutritional supplements that he/she may have taken in the preceding three days and the Doping Control Officer shall record this on the Doping Control Form.
- A.6.20 The Skater and team official shall certify, by signing the form, that the details are correct and accurate and that there have been no irregularities in the entire Sample taking and sealing procedure. The CDCO and/or ISU Representative shall check and sign the Doping Control Form. The Skater is given a copy. Laboratory copies of the Doping Control Form for urine Samples shall be placed in a separate envelope that shall be placed in the transport container with the samples. The ISU copy is returned to the ISU Secretariat in Lausanne. The remaining copy is retained on file by the member of the ISU Medical Commission or ISU Representative or Referee.
- A.6.21 The sealed samples are placed in transmittal bags or containers and sent with the appropriate ISU Chain of Custody Forms. Each transport container shall then be sealed. The chain of custody shall be maintained by signature until arrival at the laboratory.
- A.6.22 The representative of the CDCO shall give the completed ISU Doping Control Forms to the official in charge of the Anti-Doping Station who shall keep them on file.

## A.7 Analysis of Samples

- A.7.1 The principles for the analysis of Samples are described in Article 6 of the ISU Anti-Doping Rules and the International Standard for Laboratories (available at [www.wada-ama.org](http://www.wada-ama.org)).
- A.7.2 Analysis of blood Samples may be carried out by the specialist Doping Control Agency's qualified expert using mobile Testing units or at a recognised laboratory for the analysis of blood Samples, as approved by WADA or the ISU.
- A.7.3 If at any stage a question or issue arises on the Testing, analysis or interpretation of results, the person responsible for analysis at the laboratory may consult the ISU for guidance.
- A.7.4 If at any stage a question or issue arises in relation to the Sample and its analysis, the laboratory may conduct any further tests necessary to clarify the issue raised and such tests may be relied upon by the ISU when deciding whether a Sample has tested positive for a Prohibited Substance or Method.

## A.8 Analysis of B Samples

- A.8.1 In the event that the Member on behalf of the Skater requests the analysis of the B Sample, as provided for in Article 7.1 of the ISU Anti-Doping Rules, the costs associated with the analysis of the B Sample (attendance by Skater or representative, etc.) are the responsibility of the Member of the Skater who provided the positive A Sample. If a representative of the ISU is appointed to attend the analysis of the B Sample, his/her travel expenses are paid by the ISU. A Skater may accept the A Sample analytical results by waiving the requirement for B Sample analysis (Article 7.1.4 of the ISU Anti-Doping Rules).
- A.8.3 The analysis of the B Sample will be carried out according to Article 7.15 of the ISU Anti-Doping Rules.
- A.8.4 Until such time that the WADA Clearinghouse on ADAMS is fully operational all results from all analyses will be sent without delay **ONLY** to the ISU Director General and only in the case of a positive test to WADA. Once the WADA Clearinghouse on ADAMS is fully operational all results from all analysis will be sent without delay to both the ISU Director General and WADA.

## **B - IN-COMPETITION TESTING**

- B.1 As outlined in Article 5.1.2 of the ISU Anti-Doping Rules, Testing must be carried out in accordance with the current ISU Anti-Doping Rules and Procedures at the following events: ISU Championships, World Cup Competitions (Speed Skating and Short Track Speed Skating), Regional Qualifying Events for World Allround Speed Skating Championships, Grand Prix of Figure Skating and Final and Junior Grand Prix of Figure Skating and Final, Open International Competitions, and all other events designated by the ISU Council. These tests will be conducted under the supervision of a member of the ISU Medical Commission, by a specialist Anti-Doping Testing Agency appointed by the ISU or by the National Anti-Doping Organization of the host country.
- B.1.1 At ISU Championships, the ISU Junior Grand Prix of Figure Skating and Final and ISU Grand Prix of Figure Skating and Final, ISU World Team Trophy, Open International Competitions and other International Competitions where Testing is required according to the ISU Anti-Doping Rules, it is the financial responsibility of the organizing Member to provide Anti-Doping equipment, facilities for analysis of samples, transportation of samples and to carry out Testing in accordance with the ISU Rules and Procedures. Members failing to provide such services and equipment will be subject to disciplinary action according to Articles 12.1 or 12.3 of the ISU Anti-Doping Rules.

- B.1.2 All Anti-Doping expenses incurred by the Members organizing World Cup and Qualifying Events for the ISU Championships where no ISU support is provided, shall be reimbursed by the ISU.
- B.1.3 The organising Member will be responsible for the logistical costs of the Doping Control Officers on site, including accommodation and meals
- B.1.4 The member of the ISU Medical Commission or the approved Anti-Doping Agency will make direct contact with the organizing Member with regards to the logistical arrangements.
- B.2 Supervision
- B.2.1 A member of the ISU Medical Commission for the ISU World Championships is appointed by the ISU Council and will be responsible at the designated event for liaising with the Organising Committee and the Anti-Doping Agency carrying out the Testing and includes the organisational aspects, and providing information to the teams.
- B.2.2 When no member of the ISU Medical Commission is present, a representative of the ISU and/or of an Anti-Doping Agency approved by the ISU or a physician approved by the Chairperson of the ISU Medical Commission may carry out this role.
- B.3 Facilities, Equipment and Personnel
- B.3.1 Doping Control Station  
The organizing Member shall provide a Doping Control Station that is used solely as a Doping Control Station for the duration of the Testing during the event. It is to be situated near to the Skater's changing rooms and clearly marked, where Urine and Blood Sampling can be undertaken. The Doping Control Station must consist of a separate waiting area, an administrative working room with running water for a sink and separate toilet area. A lockable refrigerator must be available on request for the administrative room.
- B.3.2 Sealed refreshments (mineral water, soft drinks, fruit juice etc.) must be available in the waiting area. These drinks should only contain water, minerals, sweeteners and carbohydrates. As per the ISU Memorandum the Doping Control Station is also equipped with a TV set. The Doping Control Station shall be adequately equipped with facilities to allow the Doping Control Officer(s) and Blood Collection Official(s) to wash their hands and fulfil usual medical standards.
- B.3.3 Sample Collection Equipment  
Sample collection equipment is provided by the organizing Member, the National Anti-Doping Organization or the ISU appointed Anti-Doping Agency responsible for carrying out the tests.

It is the responsibility of the organizing Member to confirm which of these organizations will provide the equipment for Testing. The forms for the Testing must be obtained from the ISU Secretariat.

B.3.4 Support Personnel

The organizing Member shall appoint an Anti-Doping Testing Coordinator who shall be responsible for the organization of Testing, including contact with Doping Control Officers, the ISU Medical Advisor and organization and supervision of Chaperones. There must be a sufficient number of Chaperones, all of whom must be of legal age under the laws of the host country, to accompany the Skaters after they have been selected to undergo Testing. The Chaperones should be of the same gender as the athlete being tested and be able to communicate in English and if possible other languages. The Chaperones should be able to recognise the Skaters on sight, otherwise the organizing Member shall provide an additional person who can assist the Chaperone to identify a Skater. It is helpful if the Chaperones can assist with translation during the Testing.

B.3.5 Accreditation of Doping Control Personnel

The organizing Member shall be responsible for ensuring that all Doping Control Personnel, including WADA Independent Observers, receive appropriate accreditation to enable them to access the necessary areas.

B.4 Selection and number of Skaters to be tested

B.4.1 The method of selecting Skaters and the total number to undergo post-competition Testing must be decided before the beginning of each Competition and is outlined in Article 5.7 of the ISU Anti-Doping Rules and Article B.4.3 and B.5 of the ISU Anti-Doping Procedures.

B.4.2 Skaters selected at random will be drawn by the ISU Representative or their delegate, in the presence of the member of the ISU Medical Commission, when present, and/or the DCO from the assigned Anti-Doping Agency, based on the ISU Anti-Doping Procedures.

B.4.3 The selection of the Skaters must be implemented by the final result so that the Skaters or team officials have no warning before the end of the race/event in which the Skater is scheduled for Doping Control.

B.4.4 Once a Skater has received notification for Testing, the Doping Control Officer/Chaperone shall keep the Skater under observation at all times. This applies to all activities such as a post-competition warm down, which must be carried out under the observation of the Doping Control Officer/Chaperone.

- B.4.5 Any Skater participating in ISU Competitions may be subject to Testing. The notification may not infringe on the Competition itself and shall respect the Competition program. Inappropriate timing of a request to provide a Sample will not, however, invalidate the request. Skaters may note any concerns on the Doping Control Form.
- B.4.6 In team disciplines, any Team member who is selected for Doping Control testing must have participated in the team Competition during the Event for which they are selected.
- B.5 Skaters Selected for Post Competition Testing
- B.5.1 The following guidelines for the different disciplines and events are given to assist the Doping Control Officers, member of the ISU Medical Commission and ISU Representative in determining the Skaters to be tested and selected at random.
- B.5.2 Figure Skating
- B.5.2.1 In ISU Championships the following minimum Testing will be carried out: the four best ranked Skaters of the final result in the Singles (after the Free Program), Pair Skating (after the Free Program) and Ice Dance (after the Free Dance) shall be tested. One Skater from the remainder of the Skaters shall be selected by random draw in Singles, Pair Skating and Ice Dance. In Pair Skating and Ice Dance either the man or the lady, but not both, shall be tested and shall be selected by random draw.
- B.5.2.2 If there are qualifying rounds, Testing may be carried out at this time. In this case at least one Skater will be randomly selected from each group, A and B, men and ladies. Skaters may be tested more than once during the Competition.
- B.5.2.3 Additional Skaters may be selected for Testing by the ISU Representative or, at his/her discretion, by the CDCO. Such selection may be based upon a random draw determined by the placement in a previous portion of that Competition, or by the final result.
- B.5.2.4 In the ISU Junior Grand Prix of Figure Skating and Final, the ISU Grand Prix of Figure Skating, Final, Figure Skating Olympic Qualifying Competitions, and ISU World Team Trophy, Testing will be carried out on the best Skater of the final result in Singles (after the final free program), Pair Skating (after the final free program) and Ice Dance (after the final free dance). One Skater from the remainder of the Skaters shall be selected by random draw in Singles, Pair Skating and Ice Dance.

In Pair Skating and Ice Dance either the man or the lady, but not both, shall be tested and shall be selected by random draw. Testing will be carried out according to the current ISU Anti-Doping Rules.

B.5.2.5 In Open International Competitions or New Method/System Competitions sanctioned by the ISU, Testing is mandatory and all Skaters competing at International Open Competitions or New Method/System Competitions, including the ineligible Skaters, may be tested. In addition to the winner, a minimum of one Skater per discipline shall be selected by random draw to be tested.

B.5.2.6 Prior to Open International Competitions, all Skaters entered for such Competitions must accept in writing to submit to Testing that will be conducted under the control of the organizing Member and in consultation with the ISU Medical Commission. Skaters who refuse to accept this procedure will not be allowed to skate. In the case of refusal to give the required Sample after the Competition and in the case of positive results, sanctions as per the ISU Rules will apply for eligible Skaters.

For ineligible Skaters the ISU Council will take the necessary decision, which may consist of preventing the ineligible Skater involved from being invited to Open International Competitions/ New Method/System Competitions for a certain period of time and withholding the payment of prize money and other benefits. In this respect, the organizing Member will pay the Skaters' benefits only after the Competition and upon receipt of Testing results.

### B.5.3. Synchronized Skating

B.5.3.1 For the World Synchronized Skating Championships and other Events designated by the ISU, two Skaters randomly selected from the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams and two Skaters from one randomly selected team shall be tested. Both the junior and senior teams will be tested. At the time of the draw two alternative numbers from all teams to be tested will be drawn to ensure that the Skaters tested have skated in the competition.

## B.5.4 Speed Skating

### B.5.4.1 For Two Day Championships

Minimum Skaters to attend the Testing:

- **First day** - For both ladies and men the best ranked and one other Skater, randomly drawn, in the long distance shall be tested.
- **Second day** – For both ladies and men the three best ranked of the final result and one other Skater randomly drawn shall be tested.

### B.5.4.2 For Three Day Senior Championships

Minimum Skaters to attend Testing:

- **First day** – For both ladies and men the overall best ranked and one other Skater, randomly drawn, shall be tested.
- **Second day** – For both ladies and men the overall best ranked Skater and one other, randomly drawn, shall be tested.
- **Third day** – For both ladies and men the three best-ranked Skaters of the final result and one other Skater, randomly drawn, shall be tested. In a three day Championship where the program for the individual ladies and men is completed in two days then the 2-day selection procedure in Article B.5.4.1 will apply.

### B.5.4.3 Team Pursuit Events

In team pursuit events one Skater from the winning team and one Skater from a randomly selected team shall be tested. The Skater from each team will be randomly selected from the team list.

### B.5.4.4 For World Single Distances Speed Skating Championships

Minimum Skaters to attend Testing: For both ladies and men the two best ranked and one randomly selected Skater in each distance shall be tested. The same Skater will be tested only once on the same day with the exception of necessary Testing for the setting of a world record. If the randomly selected Skater is competing in two different distance races on the same day the conditions regarding random selections referred to in Article A.6.6 will apply. If the winner of a race is competing in a second race on the same day he/she will be treated according to Article A.6.7, similar to world record holders.

#### B.5.4.5

##### For Senior World Cup Competitions

Minimum Skaters to attend Testing: On each day of competition for both ladies and men, for each distance two randomly selected Skaters shall be tested. In competitions where there are Divisions A and B, one randomly selected Skater from Division A and one randomly selected Skater from Division B will be tested. If the same distance (eg: 500, 1000, or 1500 m) is skated twice during the same event but on different days, each day one randomly selected Skater from Division A and, if applicable, one randomly selected Skater from Division B will be tested. The same Skater selected on this random basis will be tested only once on the same day. However if this same Skater subsequently sets a world record he/she will be notified of further Testing based on the world record time and not on random selection, in accordance with Article A.6.7. In this case an additional randomly selected Skater will be tested.

If a 100 meters distance is raced in a World Cup Competition only one randomly selected Skater shall be tested.

#### B.5.4.6

##### For Junior World Cup Competitions

Minimum Skaters to attend Testing: On each day of competition for both ladies and men, for each distance two randomly selected Skaters shall be tested. In competitions where there are Divisions A and B, one randomly selected Skater from Division A and one randomly selected Skater from Division B will be tested. If the same distance (eg: 500, 1000, or 1500 m) is skated twice during the same event but on different days, each day one randomly selected Skater from Division A and, if applicable, one randomly selected Skater from Division B will be tested. The same Skater selected on this random basis will be tested only once on the same day. However if this same Skater subsequently sets a world record he/she will be notified of further Testing based on the world record time and not on random selection, in accordance with Article A.6.7. In this case an additional randomly selected Skater will be tested.

If a 100 meters distance is raced in a Junior World Cup competition only one randomly selected Skater shall be tested. If a team pursuit is raced in a Junior World Cup competition, then Article B.5.4.3 applies.

B. 5.4.7 For World Junior Championships

Minimum Skaters to attend Testing:

- First Day – For both ladies and men one randomly selected Skater in each distance event shall be tested, except for the 1500m ladies where the best ranked and one randomly selected Skater shall be tested.
- Second Day – For both ladies and men the best ranked and one randomly selected Skater in each distance event shall be tested. For the allround competition the best ranked skater in the allround competition shall be tested. If the first ranked skater has already been selected for testing that day, the second ranked skater shall be tested instead.
- Third Day – For both ladies and men the winner and one randomly selected Skater in each distance event shall be tested. In the team pursuit event one randomly selected Skater from the winning team shall be tested.

The same Skater will be tested only once on the same day with the exception of necessary testing for the setting of a world record. If a randomly selected Skater is competing in two different distance races on the same day the conditions regarding random selections referred to in Article A.6.6 will apply. If the first ranked skater of a race is competing in a second race on the same day he/she will be treated according to Article A.6.7, similar to world record holders.

B.5.5 Short Track Speed Skating

B.5.5.1 For the World Short Track, Junior World Short Track and European Short Track Speed Skating Championships

Minimum Skaters to attend Testing:

- For both ladies and men, the first and one randomly selected Skater, from the ranking list in each of the distances 1500, 1000, 500 meters shall be tested. On the final day after the overall ranking, for both ladies and men, the 1<sup>st</sup>, 2<sup>nd</sup> and one randomly selected Skater, shall be tested.
- In the relay competition, on the final day, for both ladies and men, one Skater who participated in the relay competition, from a team selected at random, shall be tested. This Skater from the relay team will be selected at random from the team list provided by the Competitors Steward. The same Skater will be tested only once on the same day.

- If the winner of a distance is competing in a second distance on the same day he/she will be treated according to Article A.6.7, similar to world record holders.

B.5.5.2 For World Short Track Speed Skating Team Championships

Minimum Skaters to attend Testing:

- On the first day, in each of the two qualifying brackets for both ladies and men, one Skater from the first ranked team, and one Skater from the fourth ranked team shall be tested. In the repechage for ladies and men, one Skater from the first ranked team and one from a randomly selected team will be tested. A random Skater from each of the teams will be selected from the team lists provided by the Competitors Steward.
- On the final day for both ladies and men, one Skater from the first ranked team in the B-final and one Skater from the first and second ranked teams in the A-final will be tested. A random Skater from each of these teams will be selected from the team lists provided by the Competitors Steward.

B.5.5.3 For Short Track Speed Skating World Cup Competitions

Minimum Skaters to attend Testing:

- For each distance classification (500 m, 1000 m, 1500 m), for both ladies and men, the first and one Skater selected randomly shall be tested.
- For the relay competition, after the final classification, for both ladies and men, one Skater in the relay competition from a randomly selected team in the top 4 ranked teams, shall be tested. This Skater from the relay team will be selected at random from the team list provided by the Competitors Steward. The same Skater will be tested only once on the same day.  
If the winner of a distance is competing in a second distance on the same day he/she will be treated according to Article A.6.7, similar to world record holders.

B.5.5.4 For Short Track Speed Skating Olympic Qualifying Competitions

The minimum Skaters to attend Testing:

- For both ladies and men, the first ranked plus one Skater from 1500, 1000 and 500 meters selected by random draw shall be tested.

- In the relay competition, for both ladies and men, two Skaters in the relay competition from two different teams, selected at random from the 8 ranked teams, shall be tested.  
These Skaters from the relay teams will be selected at random from the team lists provided by the Competitors Steward. The same Skaters will be tested only once on the same day.  
If the winner of a distance is competing in a second distance on the same day he/she will be treated according to Article A.6.7, similar to world record holders.

#### B.6 Notification and attendance at the Doping Control Station

B.6.1 Details of the notification procedure and attendance at the Doping Control Station are described in Article A.5.4, A.5.5 and A.5.6.

B.6.2 The persons authorised to be present in the Doping Control Station are described in Article A.5.12.

B.6.3 Photographs or films may not be taken in the Doping Control Station at any time during Doping Control. It is recommended that a representative of the CDCO be positioned outside the Doping Control Station to monitor the flow of people in and out and to keep unauthorised persons from entering the Station.

### C - OUT-OF-COMPETITION TESTING

C.1 Notification of Out-of-Competition Testing is outlined in Article A.6.3 of the ISU Anti-Doping Procedures.

C.2 Substances and methods tested in Out-of-Competition are listed in Article A.5 of the ISU Anti-Doping Procedures.

#### C.3 Registered Testing Pool

The following criteria determine the Skaters listed in the ISU Registered Testing Pool:

##### C.3.1 Figure Skating

Skaters ranked in the top 10 of the previous season's World Figure Skating Championships and Junior Skaters ranked in the top five of the previous season's World Junior Figure Skating Championships of each discipline of Figure Skating (singles Men and Ladies, Pairs and Ice Dance) shall be included in the ISU Registered Testing Pool. Additional Skaters may be added by the ISU based on Testing results and performance. A Skater will only be excluded following official announcement of retirement to the ISU by his/her Member. Additionally any Skater who is not ranked in the top 10 of their specific discipline and may be entered for a major Event (World Championships, Olympic Winter Games) may also be included in the ISU Registered Testing Pool.

C.3.2 Speed Skating

For both ladies and men the participants in the previous season's World Allround Championships, World Sprint Championships, the 5 best ranked of each distance in the World Single Distances Championships, and the 3 best ranked Skaters from the previous season's World Junior Championships shall be included in the ISU Registered Testing Pool. Additional Skaters may be added by the ISU based on Testing results (urine and/or blood), and performance. A Skater will only be excluded following official announcement of retirement to the ISU by his/her Member. Additionally any Skater who is not ranked in this list but may be entered for a major Event (World Championships, Olympic Winter Games) may also be included in the ISU Registered Testing Pool.

C.3.3 Short Track Speed Skating

For both ladies and men the 30 best ranked individual Skaters and the Skaters in the 5 best ranked Relay Teams from the previous season's World Short Track Speed Skating Championships and the 5 best ranked Skaters from the previous season's World Short Track Junior Championships shall be included in the ISU Registered Testing Pool. Additional Skaters may be added by the ISU based on Testing results (urine and/or blood), and performance. A Skater will only be excluded following official announcement of retirement to ISU by his/her Member. Additionally any Skater who is not on the above list but may be entered for a major Event (World Championships, Olympic Winter Games) may also be included in the ISU Registered Testing Pool.

C.3.4 Synchronized Skating

Skaters ranked in the top two teams from the previous World Championships shall be included in the ISU Registered Testing Pool. Additional Skaters may be added by the ISU based on Anti-Doping test results and performance. Any Skater who moves into the top two teams during the season should be included in the ISU Registered Testing Pool. A Skater who drops out of the top two teams will only be excluded following official announcement of retirement to the ISU by his/her Member.

C.3.5 Retirement and Return to Competition

A Skater ranked within the above criteria of the respective discipline at the time of retirement, who decides to return to competition and is re-registered with the ISU by his/her Member, will be included in the ISU Registered Testing Pool for the current season after which time the above criteria will apply.

C.4 Skater Whereabouts Information

The requirement for up-to-date whereabouts information is defined in Article 5.5 of the ISU Anti-Doping Rules. Any correspondence with regards to whereabouts information will be sent to the Member of the Skater.

C.4.1 During June of each year, each Member with Skaters who qualify for inclusion in the ISU Registered Testing Pool will be sent a list of such Skaters who must submit whereabouts on a quarterly basis. The deadlines for submission of whereabouts information are July 1, October 1, January 1 and April 1 of each year. Whereabouts information must be submitted on ADAMS at <https://www.adams.wada-ama.org>.

C.4.2 The requirement for the provision of whereabouts information for new Skaters who reach the criteria for inclusion in the ISU Registered Testing Pool during the course of the season will be sent to the Member of the Skater after the criteria have been reached.

C.4.3 Similarly, the requirement for the provision of whereabouts information for Skaters subject to Reinstatement Testing as defined in Article 10.10 of the ISU Anti-Doping Rules will be sent to the Member of the Skater.

C.4.4 Notification of Skaters for Out-of-Competition Testing is defined in Article A.6.3 of the ISU Anti-Doping Procedures.

C.5 Costs for Out-of-Competition Testing organised and carried out by the World Anti-Doping Agency (WADA) or the ISU are covered by WADA and/or the ISU.

C.6 Waiver

The nature of Out-of-Competition Anti-Doping Testing makes it inevitable that except in extraordinary circumstances no advance notice is given to the Skater. Every effort will be made by the persons appointed by the Anti-Doping Agency approved by the ISU to conduct the Testing to collect the Samples speedily and efficiently with the minimum of interruption to the Skater's training plans and/or to his/her social or work schedule. If there is an interruption, however, then no Skater may take any action to gain compensation for any inconvenience caused, or loss of earnings.

**D - THERAPEUTIC USE EXEMPTIONS (TUE)**

If an Athlete provides the required medical justification for a Therapeutic Use Exemption (TUE) to the reasonable satisfaction of the ISU TUE Committee, in line with the International Standard for TUEs (available at [www.wada-ama.org](http://www.wada-ama.org)), a TUE may be granted to an Athlete permitting the Use of a Prohibited Substance or a Prohibited Method contained in the Prohibited List.

## D.1 Application Process

- D.1.1 A TUE will only be considered following receipt of a completed application form, including all relevant supporting documents (see Appendix 1 for TUE application form). Applications should usually be submitted no less than thirty (30) days before the approval is needed. All applications will be dealt with in accordance with the principles of strict medical confidentiality.
- D.1.2 A Skater must not apply to more than one Anti-Doping Organization for a TUE. The application must identify the Skater's discipline where appropriate.
- D.1.3 The application must list any previous and/or current requests for permission to use an otherwise Prohibited Substance or Prohibited Method, the Anti-Doping Organization to which that request was made, and the decision of that Organization.

D.1.4 The application must include a comprehensive medical history and the results of all examinations, laboratory investigations and imaging studies relevant to the application.

- D.1.5 Any additional relevant investigations, examinations or imaging studies requested by the Therapeutic Use Exemption Committee (TUEC) of the ISU will be undertaken at the expense of the Skater or the Member of which the Skater is a member.
- D.1.6 The application must include a statement by an appropriately qualified physician attesting to the necessity of the otherwise Prohibited Substance or Prohibited Method in the treatment of the Skater and describing why an alternative, permitted medication cannot, or could not, be used in the treatment of this condition.
- D.1.7 The dose, frequency, route and duration of administration of the otherwise Prohibited Substance or Prohibited Method in question must be specified. In case of change, a new application shall be submitted.
- D.1.8 Decisions of the TUEC will be conveyed in writing to the Skater by the ISU. The Skater and WADA will be promptly provided with an approval certificate which includes information about the duration of the exemption and any conditions associated with the TUE.
- D.1.9 An application for a TUE will not be considered for retroactive approval except in cases where:
- emergency treatment or treatment of an acute medical condition was necessary
  - due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit, or the TUEC to receive, an application prior to Doping Control.

D.3 A review by the TUEC may be initiated at any time during the duration of the TUE.

D.3.1 A TUE may be cancelled by the TUEC at any time. The Skater, his/her Member and WADA shall be notified immediately.

D.3.2 The cancellation shall take effect immediately following notification of the decision to the Skater.

#### D.4 Declaration of Use Process

The List of Prohibited Substances identifies certain substances and methods that are not prohibited but for which a Skater is required to file a declaration of use. A skater should satisfy this requirement by declaring the Use on a Doping Control Form and, when available, by filing a declaration of use through ADAMS. These include the following:

Salbutamol and Salmeterol by inhaled route; Glucocorticosteroids used by non-systemic and non-inhaled routes, namely intraarticular, periarticular, peritendinous, epidural, intrathecal and intradermal injection

### E - **RIGHT TO A FAIR HEARING**

E.1 Article 8 of the ISU Anti-Doping Rules sets out the requirements for a hearing process.

E.2 If, following the Results Management process described in the ISU Anti-Doping Rules, and after conferring with relevant experts to the extent deemed appropriate, it appears likely in the joint judgement of the Chairperson of the Medical Commission and the Director General that a violation of the ISU Anti-Doping Rules has occurred, the case shall be reported to the ISU President who shall refer the same to the ISU Disciplinary Commission (hereafter the DC) as provided for in Article 8.1 of the ISU Anti-Doping Rules.

The following procedures give additional detail to Article 8.1 of the ISU Anti-Doping Rules and supersede any conflicting provisions in the Disciplinary Commission Rules of Procedure.

E.3 The Skater or Other Person alleged to have violated the ISU Anti-Doping Rules has the right to a hearing and may present their case either in writing or in person to the ISU DC.

E.4 The request for an oral hearing of the Skater or Other Person must be made in writing to the ISU DC within 21 days of the notification to the Skater or Other Person and the Member of the Skater or Other Person from the ISU DC that a proceeding concerning the alleged Anti-Doping Rule violation will be conducted..

- E.5 An oral hearing shall in principle take place within 3 months following the completion of the results management process.

If a *Provisional Suspension* is imposed on the *Skater* under Article 7.6.1 or 7.6.2 of the ISU Anti-Doping Rules, the ISU shall promptly notify the *Skater* and their Member of:

- a) The *Provisional Suspension* imposed;
- b) The *Skater's* right to a *Provisional Hearing*, to determine whether the *Provisional Suspension* shall be maintained until the full consideration of the case by the ISU DC;
- c) The *Skater's* right to accept the *Provisional Suspension* and waive the right to a *Provisional Hearing*.
- d) The right of the *Skater* to request an expedited full Hearing by the ISU DC.

If the *Skater* requests a *Provisional Hearing*, that Hearing shall take place as soon as reasonably possible and in accordance with Article 8.1 of the ISU Anti-Doping Rules. The *Provisional Hearing* shall consider only whether the *Provisional Suspension* shall be maintained until the full consideration of the case by the ISU DC takes place. The decision of the ISU DC in a *Provisional Hearing* is final and may not be appealed.

- E.6 The ISU DC shall determine the nature and circumstances of any breach of the ISU Anti-Doping Rules that may have been committed. It shall allow the Skater or Other Person an opportunity to give an explanation orally at a hearing, by telephone, videoconference, or in writing concerning the circumstances and the facts in relation to the alleged violation of the ISU Anti-Doping Rules.
- E.7 If no request for a hearing of the Skater or Other Person alleged to have violated the ISU Anti-Doping Rules is made within 21 days, the ISU DC will adjudicate the case based on the available facts of the alleged Anti-Doping Rule violation unless the ISU DC decides at its sole discretion to hold a hearing.
- E.8 In accordance with Article 8.1.7 of the ISU Anti-Doping Rules, the Skater or Other Person may at any stage acknowledge in writing the Anti-Doping violation and accept the consequences as set forth in Articles 9 and 10 of the ISU Anti-Doping Rules, details of which will be expressed by the ISU DC.
- E.9 The ISU DC, through the ISU Secretariat will advise the Skater or Other Person and the Skater or Other Person's Member of the time and place of the hearing..
- E.10 The Skater or Other Person may submit evidence for the defence of the case that does not require the use of disproportionate means. The ISU DC shall make a decision in this regard.
- E.11 The ISU DC may seek the opinion of experts.

- E.12 After completion of the hearing, the ISU DC shall compile a timely, written, reasoned decision.
- E.13 Appeals  
Decisions made under the ISU Anti-Doping Rules may be appealed as set forth in Article 13.2 through Article 13.5 of the ISU Anti-Doping Rules. A decision of the ISU DC shall remain in effect as a provisional order while under appeal, unless the appellate body orders otherwise.
- E.14 Public Disclosure  
A public disclosure of any decision of the DC regarding an Anti-Doping Rule violation will be made in an ISU Communication as provided for in the ISU Constitution, Article 27, paragraph 2 and Article 14.4 of the ISU Anti-Doping Rules. Prior to such an announcement, all parties are obliged to treat the matter in strict confidence.

Milan,

December 29, 2009

Lausanne,

**Ottavio Cinquanta**, President

**Fredi Schmid**, Director General

## Therapeutic Use Exemptions Application Form

*I apply for approval from the International Skating Union for the therapeutic use of a prohibited substance on the WADA List of Prohibited Substances and Prohibited Methods.*

**Please complete all sections in BLOCK CAPITALS**

### 1. Athlete Information

|  |  |                              |                 |
|--|--|------------------------------|-----------------|
| Surname: .....   |  | Given Names: .....           |                 |
| Female <input type="checkbox"/> Male <input type="checkbox"/> (tick appropriate box)   |  | Date of Birth (d/m/y): ..... |                 |
| Address: .....   |  |                              |                 |
| City: .....  |  | Country: .....               | Postcode: ..... |
| Tel: .....   |  | Email: .....                 |                 |
| Sport: .....   |  | Discipline: .....            |                 |
| ISU Member: .....  |  |                              |                 |
| Please mark the appropriate box:   |  |                              |                 |
| <input type="checkbox"/> I am part of the ISU Registered Testing Pool  |  |                              |                 |
| <input type="checkbox"/> I am part of my National Anti-Doping Organization Testing Pool  |  |                              |                 |
| <input type="checkbox"/> I am participating in an ISU international event for which a TUE granted pursuant to the ISU's Anti-Doping Rules is required – Name of the competition: ..... |  |                              |                 |
| <input type="checkbox"/> None of the above   |  |                              |                 |

### 2. Medical information

|  |
|--|
| Diagnosis with sufficient medical information (see note 1):<br>.....<br>.....<br>.....<br>.....  |
| If a permitted medication can be used to treat the medical condition, provide clinical justification for the requested use of the prohibited medication:<br>.....<br>.....<br>.....<br>..... |

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3. Medication details

| <b>Prohibited Substance(s):<br/>Generic Name</b> | <b>Dose</b> | <b>Route</b> | <b>Frequency</b> |
|--|-------------|--------------|------------------|
| 1.   |             |              |                  |
| 2.   |             |              |                  |
| 3.   |             |              |                  |

|   |  |
|---|--|
| Anticipated duration of treatment<br><i>(please tick appropriate box)</i> | <b>once only</b> <input type="checkbox"/> <b>emergency</b> <input type="checkbox"/><br><b>or duration (week/month):</b> <input type="checkbox"/> ..... |
|---|--|

|   |
|---|
| <p><b>Have you submitted any previous TUE application?</b> <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>For which substance? .....</p> <p>To whom? ..... When?.....</p> <p>Decision:    Approved <input type="checkbox"/>                      Not approved <input type="checkbox"/></p> |
|---|

4. Medical doctor's declaration

|  |
|--|
| <p>I, ..... Certify that I am a licensed Medical Doctor treating the applicant athlete and I further certify that the above-mentioned treatment is medically appropriate and that the use of alternative medication not on the prohibited list would be unsatisfactory for this condition.</p> <p>Name .....</p> <p>Medical speciality: .....</p> <p>Address: .....</p> <p>Tel.: ..... Fax: .....</p> <p>Email: .....</p> <p>Signature of Medical Doctor: .....Date: .....</p> |
|--|

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**5. Athlete's declaration**

|   |                    |
|---|--------------------|
| <p>I, ..... certify that the information under 1. is accurate and that I am requesting approval to use a Substance or Method from the WADA Prohibited List. I authorize the release of personal medical information to the Anti-Doping Organization (ADO) as well as to WADA staff and to the WADA TUEC (Therapeutic Use Exemption Committee) and to other ADOs under the provisions of the Code.</p> <p>I understand that my information will only be used for evaluating my TUE request and in the context of possible anti-doping violation investigations and procedures. I understand that if I ever wish to i) obtain more information about the use of my information; ii) exercise my right of access and correction; or iii) revoke the right of these organizations to obtain my health information I must notify my medical practitioner and my ADO in writing of that fact. I understand and agree that it may be necessary for TUE-related information submitted prior to revoking my consent to be retained for the sole purpose of establishing a possible anti-doping rule violation, where this is required by the Code.</p> <p>I understand that if I believe my personal information is not used in conformity with this consent and the International Standard for the Protection of Privacy and Personal Information, I can file a complaint to WADA or CAS.</p> |                    |
| <b>Athlete's signature:</b> .....   | <b>Date:</b> ..... |
| <b>Parent's/Guardian's signature:</b> .....   | <b>Date:</b> ..... |
| (if the athlete is a minor or has a disability preventing him/her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete)   |                    |

**6. Notes**

| <b>Note</b> | <u>Diagnosis</u>  |
|-------------|---|
| <b>1</b>    | <i>Evidence confirming the diagnosis must be attached and forwarded with this application. The medical evidence should include a comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances and in the case of non-demonstrable conditions independent supporting medical opinion will assist this application.</i> |

**Incomplete Applications will be returned and will need to be resubmitted.**

Please submit the completed form to the ISU and keep a copy for your records.

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**TUEC Decision (for office use only)**

**Date Received:**

**Application Complete:**  yes  no

**Office Notes:** .....  
.....  
.....  
.....

**Name of TUEC Representative(s):** .....  
**Signature(s):** . .....  
.....  
**Date:**.....